

TUMMY TAMERS ONLINE PROGRAM FOR IBS MANAGEMENT

**STARTING
SEPTEMBER 5,
2023**

Are you tired of feeling bloated, gassy, suffering from abdominal pain and being uncertain about your bowel habits related to Irritable Bowel Syndrome?

*Jennifer Paterson, Registered Dietitian
College of Dietitians of British Columbia
College of Dietitians of Alberta*

Our 16 week online IBS management course will help you navigate your gut health and learn more about:

- How food and lifestyle affect your Irritable Bowel (IBS) symptoms
 - Identifying your key triggers
 - Managing your symptoms
- Shopping & cooking with confidence
- Building beneficial support networks
- Building your toolkit to manage and live confidently with IBS

REGISTER NOW

[HTTPS://ONLINE.SEDONANORTH.CA/TUMMY-TAMERS-PROGRAM](https://online.sedonanorth.ca/tummy-tamers-program)

